

Vintage View

October 2023

Hi everyone!

Hi everyone, welcome to October and warmer weather. Looking forward to, day light savings starting on Sunday 1st October, so don't forget to change your clock's and hour forward. The Victorian Seniors Festival is held in October, and promotes getting out and about in your local community. All Victorian Senior card holders receive free public transport for the week. So, check out what's happening in your community and have a fabulous fitness day.

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Socialising & Its Many Benefits

Being social has many health benefits as we grow older.

Social groups are incredibly important, especially for those over 50. Social support is one of the major buffers we have against depressive disorders and a flourishing level of mental wellbeing. This is very important for engagement and remaining connected once the kids have left home and provides real meaningful pursuits to look forward to.

Evolutionary psychologists explain that the innate need

to affiliate and form social bonds has been literally wired into our biology. When we make a positive social connection, the pleasure-inducing hormone oxytocin is released into our bloodstream, immediately reducing anxiety and improving concentration and focus.

Each social connection also bolsters our cardiovascular, neuroendocrine, and immune systems, so that the more connections we make over time, the better we function.

In fact, researchers have found that social support has as much effect on life expectancy as smoking, high blood pressure, obesity, and regular physical activity.

Recipe of the Month

Blueberry Muffins

Prep: 15 min | Cook: 25 min | Serves 8

Packed with juicy blueberries, these super easy muffins are delicious eaten warm from the oven for morning tea, and can be stashed in the freezer for a grab and go snack.

Ingredients

- 1 Cup Plain flour
- 3 tsp Baking powder
- 1 Egg, lightly beaten
- 100ml Skim milk
- 50g Reduced fat oil spread, melted and cooled
- 2 tbs granulated Natural sweetener
- 2 tbs, granulated
- 1 tsp Vanilla bean extract
- 200g fresh blueberries
- 1tbs Demerara sugar

Instructions

- Preheat oven to 180°C. Line 8 holes of a 1 cup (80 ml) capacity muffin tray with paper cases.
- Sift flour, baking powder and a pinch of salt into a large bowl. Whisk egg, milk, oil spread, sweetener and vanilla in a medium bowl until combined. Add egg mixture to flour mixture and stir until just combined (do not overmix). Fold through blueberries.
- Spoon mixture evenly among prepared muffin holes and sprinkle with demerara sugar. Bake for 25 minutes or until a skewer inserted into the centre comes out clean. Cool muffins in tin for 5 minutes before transferring to a wire rack to cool.

TIP: Keep muffins in an airtight container for up to 2 days, or freeze for up to 3 months.

Activity Review

Last month we had a day trip to Kyneton. What a great day, we lucked out with great weather. We thoroughly enjoyed walking around Kyneton, looking at all the beautiful shops, having morning tea with cakes, scones and coffee at the local bakeries. Some of us walked around the Botanical Gardens, and finished up with lunch at the Kyneton RSL. We loved it so much, we thought we might go back next year and check out the Museum and the Royal George Hotel. We had 47 people booked in.



COMING UP

ACTIVE ADULTS OCT EVENT

Friday 20
October

12pm Self-
pay lunch

Yarraville
Club Bistro,
135 Stephen
Street,
Yarraville

RSVP by 11/10
at Reception



MOVE

 City of
Moonee Valley